

Kathleen and Robert Lawther Center - 16024 Madison Ave. 216-521-1515

Transportation to luncheon site & special events please call 216-521-1288

Nutrition Information for Congregate Meals & Home Delivered Meals please call 216-529-5000

Volunteer Services, Programs and Activities please call 216-529-5005

Social Work / Outreach please call 216-521-1515

For medical appointments please call Senior Transportation Connection (STC) @ 216-265-1489

* * * * *

A Gentle Reminder to all Participants of Lakewood Division of Aging

We would appreciate it if you would consider the following suggested donations: A ride on the Division of Aging bus to the senior center and home / or Giant Eagle is \$3.00 round trip. Lunch is \$1.00 per day.

Have You filled out your PIF yet?

All Division of Aging participants must complete a Participant Intake Form annually. This information is required by our funders. Please make sure forms are fully completed. Contact the Social Work Office at 216-521-1515 with questions or concerns.

* * * * *

The Lakewood Division of Aging's services are funded in part by a Title III grant under the Older Americans Act, administered by the Ohio Department of Aging through the Western Reserve Area Agency on Aging, Cuyahoga County through the Health and Human Services levy and Program Donations.

Thank you for your support.

Visit the City of Lakewood website at www.lakewoodoh.gov

It is the policy of the City of Lakewood that there shall be no discrimination on the basis of race, religion, color, age, sex, national origin, sexual orientation or disability.

Kathleen and Robert Lawther Center
16024 Madison Ave.
Lakewood, Ohio 44107

Lakewood Senior Services

Lakewood Department of Human Services

Division of Aging

June 2022



Welcome June!

We are all looking forward to the brighter, longer days of summer and all the opportunities the warmer days have to offer. Plan on many more options as we move forward with intergenerational and community programs. You will begin to see new things being planned such as line dancing, chartered trips, the theatre, the orchestra, additional fitness offerings, arts, lecture series etc. all in due time. This programming is currently in the planning stages and will be here soon.

We are also hopeful to be sharing the New Community Center very soon with the other Divisions under Human Services and with all of you.

If you haven't already....Please, stop in and see us, grab a coffee and stay awhile!

Hope to see you soon...

Susan



The hot dog cookout last month was such a success we decided to have them more often and right off the grill!



You will want to join us at the beautiful open air pavilion for our June party.

**Friday June 24th
10 AM to 2 PM**

Enjoy a delicious hotdog right off the barbeque grill along with all the fun fixings. The Kiwanis Pavilion is adjoining the playground, so grab a seat on the glider and enjoy the fresh air. We will have music, games and the highlight of the day is still the lovely Lakewood Park. Walk the paved paths, sit by the Solstice Steps and enjoy the fabulous views of the Cleveland skyline from the water's edge.

Plan on joining us at the park for lunch and activities. (There will be none at the center this day.)

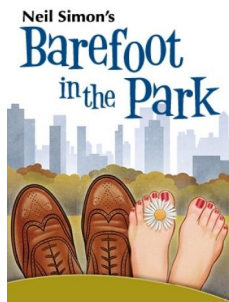
To reserve your lunch and secure your ride, make your reservation at the center kiosk or by calling the Nutrition Office at 216-529-5000 no later than June 15th @ noon.

IMPORTANT NOTE:
Home Delivered Meals recipients will receive the boxed lunch meal listed on the menu.

In June the Play Reading Group presents....

Barefoot In the Park

Thursdays: June 9th, June 23rd and June 30th, beginning at 12:30 PM.



One of Neil Simon's all time critical and popular successes, Barefoot in the Park is a romantic comedy about two young newlyweds learning to live with and love each other in sometimes trying circumstances. Plan on joining along the fun as an audience member.

**Legal consultation with
Attorney Margaret Karl**

**Thursday, June 16th
9-11 AM.**

**Attorney Karl will provide a free
30- minute initial consultation.**

You must schedule an appointment for this service, call us at 216-521-1515 or stop in at the front office when you are at the senior center.

Book Discussion Club presents "The Anomaly" By Herve LeTellier

Monday, June 27th @ 10:00 AM

In this engrossing and highly entertaining novel, a group of interesting characters are ending an uneventful airplane journey. Suddenly the unimaginable happens and they find themselves in an alternate universe where they had all made different life choices.

Call Carrol Hahn at 216-521-1090 for more information.

Canasta Moves to Tuesdays

By popular request, the Canasta group is moving to Tuesday afternoons. Plan on joining the group at 12:30 PM in the dining room for some fun times with friends. If you do not know how to play...we will teach you!



Food Safety Presentation, Wednesday June 22 at 10:45.

Join us for this important presentation from Registered Dietician Alison Dankovich.

Volunteer Opportunities with the Division of Aging

It is going to take many willing hands to do everything that needs to be done at the new location. We look forward to relying on a faithful team of volunteers to help make our programming a success.

Some of the positions we are looking to fill are Kitchen Assistants, Activity Group Leaders, Center Greeters and Home-Delivered-Meal Drivers.



Make It Take It

Tues, June 7 @ 10:00 – Jewelry Making ...Come see all the beautiful beads & findings we have to offer. Fire Crystal, Italian Murano glass beads, European cut glass, Bicone beads, Rhinestones, Silver charms & other assorted findings. All are incredible to use and work with! Come join in the fun of making your own jewelry.

Tues, June 14th @ 10:00 - Chocolate Covered Strawberries with a wide variety of trimmings. YUM!!! Come have fun designing and tasting!



Presentation on Healthy Sleep

Thursday, June 23rd beginning at 10:30 AM.

Getting the right amount of high-quality sleep is important for keeping your body and mind healthy. We will learn about the stages of sleep, challenges of getting a good sleep and tips to getting quality rest. Refreshments provided

Brought to us by Helga Zagmeister from Humana.

**Paint your own Ceramic Figurine
Monday, June 27th beginning at 1:00 PM.**

Generously sponsored by Dedicated Senior Health and presented by Beautiful Bisque Ceramics. Reserve your place now to paint and glaze your own keepsake ceramics item. This program will be 1½ to 2 hours in length. Register in advance at the Activities Office.

**Learn About the Lakewood Recreation
Department
Wednesday, June 8th, 10:30 AM.**

The Lakewood Recreation Department is a little known treasure in this city. For what is generally a very nominal fee, residents can take classes in a wide variety of subjects: arts and crafts, history, languages, cooking, finances and much more. Find out about the many options available to you.

Are you behind on your mortgage or a little late with your property tax? Maybe you could use a little help with your utility bills?

**Join us for a presentation with the Cuyahoga
County Treasurers Department**

Tuesday, June 21st at 10:30 AM.

Hallie Martin from the Cuyahoga County Treasurers Department shares some extremely helpful information. This presentation might be able to help you sleep a little easier at night.

Staff Notes ...

Sharon's Scribbles - Fun Facts about June. It is the month with the longest daylight hours of the year. The 14th is flag day. The 19th is the holiday Juneteenth, freedom day. June 21st is the first day of summer. June 24th has its full moon called the strawberry moon. The birthstone is the Pearl, moonstone and alexandrite. Birth flowers are the Honeysuckle or rose. June 7th is chocolate ice cream day.

Jill's Jottings - If you were born in June, then you're one of two star signs. If you were born on or before June 20th then you're a Gemini. Gemini's are said to be passionate, adaptable, and smart. If you're born on or after the 21st of June then you have the Cancer star sign. Those born under the Cancer sign are said to be loyal friends with great emotional depth.

Nutrition Notes – Refreshing Lo-cal Strawberry Green Tea: Steep 3 green tea bags in 16 oz. hot water for 20 minutes. Blend 1.5 cups fresh, diced, strawberries until liquified. Pour it in a pan with 2 Tbsp. lime juice + liquid stevia (optional), simmer on low 2-3 minutes. When cooled, combine it with the green tea in a large mason jar. Shake well-lasts 4 days in the fridge.

Barry's Blustering – Volunteer, volunteer, volunteer! There are some great opportunities for you to get involved. Make friends while working as a team to get the job done. Check at the Activities and Volunteers Office for more information.

Pete's Post— Hi Guys, Warm weather is finally upon us. Time to get out and enjoy mother nature. We soon will be in our new home at Cove. Life is great! Be safe and enjoy!

Hahn's Happiness— Forecasters have predicted drier and hotter than normal temperatures for the month of June. A few reminders-stay hydrated, when out & about get in habit of bringing water with you. Protect your face, use a hat with a visor and check on a friend or neighbor during those extreme days.

Dan's Doodles – June is probably my favorite month of the year. Summer, sunshine, warm temperatures what's not to like? But as we reach our senior years, the warm temperatures and bright sunshine can be an enemy to us. Seniors have a much higher risk of dehydration and because of thinning skin, a much higher risk of sunburn and skin cancers. Life has only given us so many Junes, so enjoy it but be safe, protect yourself and drink plenty of water.

Stacy - Here's a quote for the month. "Hello June! I am ready for more laughter. More Sleep. Less Negativity. Less Stress. More Love. More Good Stuff. Are you Ready?" - Unknown

H2O Summer Camp

Help To Others – Junior High School students will be coming to join us several days each month throughout the summer!

We are very excited to be able to have these students join us for intergenerational, social, educational activities and programs. We have 4 scheduled dates for June and anticipate another 4 for July and August. Please give a friendly welcome to our new friends as we look forward to them joining in on the fun!

JUNE 2022 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Menu Approved By: <i>Ann Stalheber MS, RDN, LD</i>	*Take Temperature of Milk and all food preceded by an asterisk	1 *Chicken and Gravy 3 oz W.G. Biscuit, 2oz *Brussels Sprouts ½ c *Green Peas ½ c Mandarin Oranges ½ c Cereal Bar, 1 oz ALT=CBG RB	2 *Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Creamed Spinach ½ c 2 Whole Grain Wheat Sliced Peaches ½ c ALT=CBG T	3 *Chicken Breast Stuffed w/ Broccoli 6 oz. *Green Beans ½ c *Red Cabbage ½ c Whole Grain Dinner Roll 2 oz Apricots ½ c ALT=CBG RB
6 *Breaded Fish 4oz Tartar Sauce 1PC *Brown Rice ½ c *Zucchini ½ c Carrots ½ c 1 Whole Grain Wheat Pineapple tidbits, ½ c ATL=CS RB	7 *Stuffed Cabbage 6 oz *w/Sauce 2 oz *Mashed Potatoes ½ c *California Blend ½ c Whole Grain Dinner Roll 2 oz Applesauce ½ c ATL=CBG T	8 Rueben with 2 oz *Turkey, 1 oz *Swiss Cheese, 1 oz Sauerkraut ½ c Thousand Island Dressing 1 PC *Cucumber Salad ½ c 2 Whole Grain Rye Peaches ½ c ATL=CBG RB	9 *Chicken Cacciatore 3 oz *W.G. Spaghetti ½ c *w/ Sauce 2 oz California Blend ½ c Mushrooms ½ c Dinner Roll, 1 oz Orange ATL=CBG RB	10 *Sliced Ham 3 oz w. Pineapple Glaze *Scalloped Potatoes ½ c *Harvard Beets ½ c Whole Grain Bun, 2 oz Fresh Grapes 1 c ATL=CBG TR
13 *Hamburger 3oz z Mustard & Ketchup 1 PC ea. Baked Beans ½ c Seasoned Potato Wedges ½ c W.G. Hamburger Bun, 2 oz Pears ½ c ALT=CS TR	14 *Stuffed Peppers 6 oz w/Tomato Sauce 2 oz *Mashed Potatoes ½ c *Green Peas ½ c 2 Whole Grain Wheat Applesauce ½ c ATL=CBG TR	15 *Roasted Turkey Breast 3 oz *Stuffing ½ c *Gravy 2 oz Mashed Potatoes ½ c Green Beans ½ c 1 Whole Grain White Cranberry Juice 4 oz ATL=CBG RB	16 *Chicken Patty 3 oz Mayo 1 PC *Broccoli ½ c *Red Cabbage ½ c Whole Grain Bun Pears ½ c ALT=CBG RB	17 *Beef Stew 8 oz *California blend 1/2 c Corn ½ c Whole Grain Dinner Roll 2 oz Fresh Grapes 1 cup ATL=CBG T
20 Center is CLOSED in honor of the Juneteenth holiday No WRAAA Congregate or Home Delivered Meals	21 *Roasted Pork Loin 3 oz *Sweet Potatoes ½ c *Mixed Vegetables ½ c 2 Whole Grain Rye Apple Juice 4 oz ALT=CS TR	22 *Meatballs 3-1 oz *W.G. Spaghetti ½ c w/ Sauce 2 oz Antigua Blend 1 c Garlic Bread, 1 oz Peaches ½ c ATL=CBG T	23 *Chicken Cordon Bleu 6 oz *Mashed Potatoes ½ c w Gravy *Carrot Coins ½ c Whole Grain Dinner Roll, 2 oz Tropical Fruit ½ c ALT=CBG RB	24 Home Delivered Meal ONLY will get Boxed Lunch *Tuna Salad 3 oz *3 Bean Salad ½ c *Coleslaw ½ c Whole Grain Bun, 2 oz Fresh Fruit Salad 1 c ALT=CBG RB
27 *Beef Lasagna 6 oz *Antiqua Blend ½ c *Lima Beans ½ c Whole Grain Garlic Toast 2 oz Oatmeal Cookie, 1 oz Mandarin Oranges ½ c ATL=CS TR	28 *Chicken Alfredo 3 oz *Sauce 2 oz/*Noodles ½ c Broccoli ½ c Capri Blend ½ c 1 Whole Grain Wheat Diced Pears, ½ c ATL=CBG TR	29 *BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c *Baked Beans ½ c *Sautéed Swiss Chard ½ c W.G. Corn Muffin, 1 oz Mixed Fruit ½ c ATL=CBG RB	30 * Salisbury Steak 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Mixed Vegetables ½ c 2 Whole Wheat Bread Grape Juice 4 oz ATL=CBG T	Choice of 1% Milk or Buttermilk

*Meals are served @ 11:45 sharp
Western Reserve Area Agency on Aging - 2022
Note: Box Lunch Default Menu choice is shown in the right hand corner of each day.
"T" = Tuna, "TR" = Turkey, "RB" = Roast Beef
ALT CS = Chicken Salad with Croissant, ALT CBG = Spring Lettuce Salad w/Chicken Breast



Trips this month....

Sweetwater Landing
Friday, June 3rd. 11:00 AM to 2:00 PM.

Now that the weather has improved, journey with us to the waterside. We will be going to Sweetwater Landing at the beautiful Emerald Necklace Marina. Sit outside on the back patio and enjoy your lunch or go inside for a hot juicy hamburger (or other hot sandwich) and fries. Be sure and bring a little extra money for a frozen custard cone.

Take a walk on the many walking trails, sit on a bench by the river and watch the fishermen and boaters. **The fee for this trip is \$3.00.**

Our monthly Ice Cream trip goes to.... Honey Hut
Tuesday, June 7th, Leaving at 12:30 PM

Now that the weather is warmer, we are returning yet again to one of our favorite destinations. Enjoy a delicious cone, shake, sundae and more in an assortment of flavors. (There is no indoor seating at this location.)

The fee for this trip is \$3.00.



The Lunch Bunch goes to...The Harp Irish Pub and Restaurant
Friday, June 10th, leaving at 11 AM



Take in the ambiance of an authentic Irish pub while enjoying some traditional Irish cuisine. If the weather permits, grab a seat on one of Cleveland's nicest patios. Traditional dishes include fish and chips, shepherd's pie and an assortment of boxtys.

The fee for this trip is \$3.00.

Trip to the Cleveland Zoo
Monday, June 13th leaving Lakewood at 9:45 AM.

On Mondays, the Cleveland Metroparks Zoo is free to Cuyahoga County residents (must show proof of residency along with a photo id.) Enjoy a day at the Zoo; see some old and familiar sights: Monkey Island, the giraffes and elephants and much more. Enjoy lunch at the zoo at one of their food concessions. Be aware; on Mondays the Zoo is free for everyone. There will be crowds. You may reserve a scooter by making reservations in advance at the zoo office 216-661-6500. **The fee for this trip is \$3.00.**

Our monthly shopping trip... Roses Discount Store
Friday, June 17th, Leaving Center at 12:30 PM

This trip will allow you to take care of all your shopping needs: clothing, housewares, lawn & garden, tools, you name it, they probably have it! This store has it all at very affordable prices. **The fee for this trip is \$3.00.**



Goodtime III
Tuesday, June 28th. Leaving Lakewood at 10:45 AM



Enjoy a wonderful early-summer day out on the waters of beautiful Lake Erie. The Goodtime III is always a crowd favorite with the pleasant breezes and awesome views of the historic buildings and bridges of the Cleveland waterfront. Cruise the Cuyahoga, and assuming the weather permits, the Cleveland shoreline. By the way, the concession on board ship makes a spectacular hamburger. **The fee for this trip is \$25.00 plus a \$3.00 fee for transportation. Payable in advance.** (food cost is not included in the fee)




Space is limited for our trips so please REGISTER EARLY in person
at the center's activities office.

If you need more information please contact Barry in the activities office @ 216-529-5005

Items with * have more info in calendar
Items in red are trips.
Items in blue are guest speakers.

June 2022



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1		2		3	
 <p>Juneteenth, now a federal holiday, is a holiday celebrated on the 19th of June to commemorate the emancipation of enslaved people in the US. The holiday was first celebrated in Texas, where on that date in 1865, in the aftermath of the Civil War, slaves were declared free under the terms of the 1862 Emancipation Proclamation.</p>				9:30 Crafts 10:30 Humanities 12:30 BINGO 1:00 Mahjong		9:30 Table Top Bowling 10:30 Adaptive Yoga 12:30 Tai Chi 12:30 Movie 1:00 Grocery Shopping		9:30 Mandalas 10:15 Jazzercise 10:30 Hangman 10:30 Wii Bowling 11:00 Sweet Water Landing Trip 12:30 Uno	
6		7		8		9		10	
9:30 Movie 10:30 Mandalas 10:30 Spelling Bee 12:30 Jazzercise 1:00 Connect 4		9:30 Uno, Chess, Backgammon 10:00 Make It and Take It* 10:30 Activities Committee 12:30 Canasta* 12:30 Honey Hut Trip 1:00 Wii Games 9:30 Mandalas		9:00 BP Clinic – St. John’s 9:30 Hangman 9:30 Craft 10:30 Lakewood Rec Dept. Presentation 12:30 BINGO 1:00 Mahjong		9:30 Science with Dan 10:00 Grocery Shopping 10:30 Karaoke 10:30 Adaptive Yoga 12:30 Sticker Art 12:30 Tai Chi 12:30 Play Reading* 1:00 Grocery Shopping		9:30 Spelling Bee 10:15 H20—Manicure* 10:15 Jazzercise 10:30 Connect 4 10:30 Wii Bowling 11:00 Trip to the Harp Irish Pub 11:45 H20—serves lunch* 12:30 Backgammon, Chess, Checkers	
13		14		15		16		17	
9:30 Uno 9:45 Trip to the Zoo 10:30 Sticker Art 12:30 Jazzercise 12:30 Board Games, Brain Teasers		9:30 Uno 10:00 Make It and Take It* 10:30 Humanities 12:30 Apples to Apples 12:30 Canasta* 1:00 Yahtzee  Flag Day		9:30 Yahtzee 10:15 H20 TT Bowl 10:30 Table Top Bowling 11:45 H20—serves lunch* 12:30 BINGO 1:00 Mahjong		9:00 -11:00 Attorney Karl* 10:00 Grocery Shopping 10:30 Adaptive Yoga 11:00 Connect 4 12:30 Tai Chi 1:00 Grocery Shopping		9:30 Boggle 10:15 Jazzercise 10:30 Yahtzee 10:30 Movie 12:30 Humanities / Current Events 12:30 Trip to Roses Discount Center	
20		21		22		23		24	
<p>Center is CLOSED in honor of the Juneteenth holiday</p> <p>NO WRAAA Congregate or Home Delivered Meals served</p>		9:30 Hangman 10:30 Presentation with Treasurer 12:30 Boggle, Backgammon 12:30 Canasta* 1:00 Wii Bowling		9:00 BP Clinic – O’Neil’s 9:30 Spelling Bee 10:45 Food Safety Presentation 11:00 Art 12:30 BINGO 1:00 Mahjong		10:00 Grocery Shopping 10:30 Karaoke 10:30 Healthy Sleep Presentation 10:30 Adaptive Yoga 12:30 Tai Chi 12:30 Play Reading* 1:00 Grocery Shopping		 <p>Kiwanis Pavilion, Lakewood Park COOKOUT 10—2 H2O Friends will be joining us!</p>	
27		28		29		30			
9:30 Table Top Bowling 10:00 Boggle 10:00 Book Discussion Group* 12:30 Apples to Apples 12:30 Jazzercise 1:00 Ceramic Painting*		9:30 Spelling Bee 9:30 Movie 10:45 Goodtimes III Trip 12:30 Canasta* 12:30 Wii Games		9:30 Uno 10:00 Craft 10:15 H20—Craft* 11:45 H20—serves lunch* 12:30 BINGO 12:30 Hangman 1:00 Mahjong		9:30 Yahtzee 10:00 Grocery Shopping 10:30 Sticker Art 10:30 Humanities 10:30 Adaptive Yoga 12:30 Play Reading* 12:30 Tai Chi 1:00 Grocery Shopping		<p>Save the date!</p> <p>We are going to a Lake County Captains game! Tuesday, July 12th, leaving Lakewood at 10:00 AM. There is nothing quite like minor-league baseball on a summer afternoon. It’s a family friendly atmosphere that lets you get up close to the players. <u>\$15.00 will get you your admission ticket and a meal voucher.</u> Trip reservation sheets are available at the Lawther Center.</p>	